What is claimed is:

1. A method of producing a quantity of edible product according to a recipe and comprising:

signaling a menu selection device to enable ingredient delivery of at least one ingredient selected from a plurality of ingredient sources, according to the recipe for the product to be produced;

initiating delivery of a base material;

initiating delivery of the selected ingredient/s from said sources to mix with delivered base material;

mixing said base material with said selected ingredient/s;

moving the mixture of base material and said selected ingredient/s toward a discharge outlet; and

causing back-flow in the mixture during movement of the mixture toward the outlet.

2. The method of claim 1 and using an auger for mixing and for movement of the mixture; and

using discontinuities in flighting of the auger to enable said back-flow in the mixture.

3. The method of claim 1 and integrating air in the base material while moving the mixture.

- 4. The method of claim 1 and wherein a manual operating handle is used to substantially simultaneously initiate delivery of said base material and said selected ingredient/s.
- 5. The method of claim 4 and wherein an auger is used to move the mixture, and said manual operating handle is used to initiate operation of said auger.
- 6. The method of claim 5 and wherein said handle is used to initiate operation of said auger substantially simultaneously with initiation of delivery of said base material.
 - 7. The method of claim 5 and wherein:

reverse operation of said handle is used to terminate delivery of said base material and said selected ingredient/s.

8. The method of claim 7 and wherein:

reverse operation of said handle is used to enable termination of operation of said auger; and

termination of operation of said auger is delayed a predetermined time after termination of delivery of said base material.

9. The method of claim 1 and, for production of a quantity of edible product according to a different recipe,

signaling said menu selection device to enable delivery of a different combination of ingredients selected from said ingredient sources according to the different recipe;

initiating delivery of said base material;

initiating delivery of selected ingredients according to the different recipe to mix with the base material;

mixing the base material with the selected ingredients of the different combination;

moving the mixture of said selected ingredients according to the different recipe toward said discharge outlet; and

causing back-flow in the mixture of the different recipe during movement toward the outlet.

- 10. The method of claim 1 and further comprising using a motorized auger in a blending chamber attached to the dispensing head of a single-head food freezer and dispenser machine, and operating the auger at speeds between 3,500 and 6,000 rpm.
 - 11. The combination comprising:

a blending and dispensing assembly having an inlet end and a discharge end and a passageway communicating from said inlet end to said discharge end, said inlet end being configured to fit and seal against the base product delivery end outlet of a flowable mix dispenser head, said assembly having a blending chamber in the passageway;

a manifold on said assembly with multiple passageways in the manifold for delivery of fluid ingredients in a direction from outside said assembly into said chamber; an auger in said blending chamber and operable, when actuated, to move a mixture from said blending chamber to an outlet at said discharge end; and a blender motor coupled to said auger to actuate said auger.

- 12. The combination of claim 11 and further comprising:
 a one-way valve in each passageway of said plurality and oriented to prevent passage of fluid opposite said direction.
 - 13. The combination of claim 12 and wherein:

said auger has blending slots to allow for a flow-back of the mixture in the blending chamber creating an inefficient movement of the mixture in the chamber.

14. The combination of claim 11 and wherein:

said auger has at least one helical flight from one end of the auger to the other end of the auger, said flight having interruptions spaced along it to enable back-flow of the mixture along the length of the auger during rotation of the auger.

- 15. The combination of claim 11 and further comprising:
- a plurality of ingredient sources;
- a plurality of ingredient conduits coupled to said manifold and to said sources to convey ingredients from said sources to said manifold;
- a plurality of pumps coupled to said sources and operable, when actuated, to pump ingredients from said sources to said manifold;
 - a controller coupled to said pumps to signal said pumps for operation;

a selector coupled to said controller to enable said controller to initiate operation of selected pumps;

a base material dispenser having a base material delivery end coupled to said inlet end of said assembly and having a member operable, when actuated, to initiate flow of base material out of the delivery end of the dispenser into the inlet end of the assembly; and

a switch coupled to said member and to said selector to signal said controller to initiate operation of said selected pumps.

16. The combination of claim 5 and wherein: said member is a base material draw handle and said switch is operable thereby.